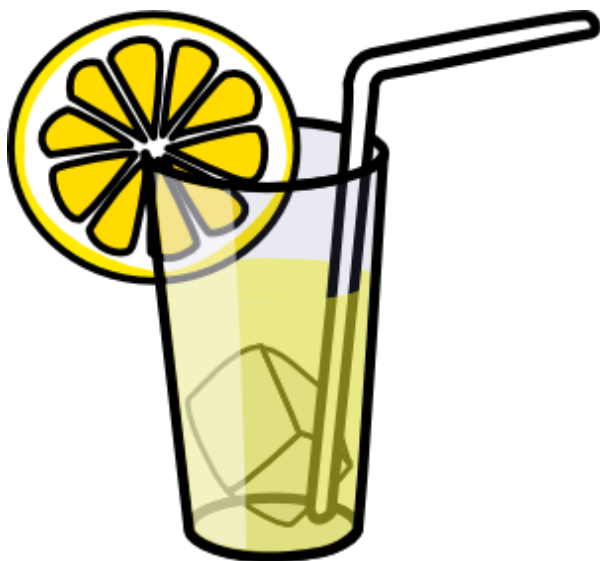


UF/IFAS Leon County Extension, Family Nutrition Program Presents:



AUGUST 27TH

FREE HEALTHY SUMMER BEVERAGE WORKSHOP

Join Chelsea Hirvela from the Leon County Extension, Family Nutrition Program for a free workshop at the Collins Main Library.

Leave those sugary drinks behind and learn how to make tasty and refreshing healthy beverages to get you through the hot summer months! Watch a healthy beverage demonstration, participate in an interactive activity, and take home recipes to make for your family.



"The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-866-762-2237. TTY/TTD/FRS dial 711. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The USDA and the University of Florida IFAS Extension are equal opportunity providers and employers. If you have a disability that requires special accommodations, please contact us at least 96 hours before the program begins."

**AUGUST 27TH
2015**

2:30 PM- 3:30 PM

**COLLINS MAIN
LIBRARY**

**200 W. PARK AVE
TALLAHASSEE, FL
32301**

**UF/IFAS LEON
COUNTY EXTENSION**

615 Paul Russell Road
Tallahassee, FL 32301

(850) 606-5200

Leon.ifas.ufl.edu

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